

Wheel of Life

This is a coaching tool used for self reflection. It is beneficial to use it once or multiple times a year as a check in. The nine sections in the Wheel of Life represent different aspects of your life.

Seeing the center of the wheel as 1 and the outer edges as 10, rank your level of personal satisfaction. Color in each portion of the wheel. We recommend writing down personal reflections on the page as you complete this assignment.

What surprised you the most?

Where are you most content? least content?

What contributes to that?

What do you want to do with this information?

